



Resources for Family and Consumer Sciences Teachers:

The scientific facts about the effects of drug abuse on the brain and body

The National Institute on Drug Abuse (NIDA), part of the National Institutes of Health, leads the nation in bringing the power of science to bear on the problems of drug abuse and addiction.

Family and consumer sciences teachers can utilize free NIDA materials to educate high school students on the scientific facts about the effects of drugs on the brain, body and behavior.

NIDA has a range of age-appropriate curricula and activities designed to help support your efforts in the classroom and promote an understanding of drug abuse and addiction. You can access these resources on the NIDA for Teens Web site at <http://teens.drugabuse.gov>.

NIDA for Teens Resources

- **Lesson Plans and Materials:** Use these print and online materials to educate students about the dangers of over-the-counter drugs, opioids, central nervous system depressants, stimulants and cough syrup (DXM or dextromethorphan).
 - Drug Facts: Shatter the Myths: <http://drugfactsweek.drugabuse.gov/booklet.php>
 - Fact Sheets: <http://teens.drugabuse.gov/drug-facts>
- **Classroom Activities:** Use these animated illustrations, quizzes, activities and games to test your students' knowledge, clarify concepts and make learning fun through interaction, including:
 - National Drug IQ Challenge: <http://drugfactsweek.drugabuse.gov/iqchallenge.php>
 - Drug Facts Chat Day: <http://drugfactsweek.drugabuse.gov/chat/index.php>
 - Choose Your Path: <http://teens.drugabuse.gov/peerx/choose-your-path>
 - Classroom Activities: <http://teens.drugabuse.gov/educators/classroom-activities>



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How to Get Involved

Use NIDA resources during **National Drug Facts Week (NDFW)** – January 27 to February 2, 2014. Now in its fourth year, NDFW is a health observance started by NIDA to encourage teens to get factual answers from scientific experts about drugs and drug abuse. For more information about NDFW, contact Brian Marquis at bmarquis@nida.nih.gov.



PEERx SHARE A DOSE OF REALITY:
PRESCRIPTION DRUG ABUSE IS DRUG ABUSE

Integrate PEERx materials and tools as a supplement to your curriculum to educate students in your school about the dangers of prescription drug abuse among teens. Prescription drugs are relatively safe when used as directed. An educator's guide will be available in late 2013. For more information about PEERx, contact peerx@iqsolutions.com or visit <http://teens.drugabuse.gov/peerx>.



Sara Bellum Blog

This online resource, written from a teen's perspective, delivers the latest scientific research and news about drug abuse and addiction. Visit <http://teens.drugabuse.gov/blog>.

Heads Up: Real News About Drugs and Your Body

This science-based education series provides teachers and students with innovative materials about the effects of drugs and drug abuse on the brain and body. Visit <http://teens.drugabuse.gov/educators/lesson-plans-and-materials/heads-grades-6-10>.



The National Institute on Drug Abuse (NIDA) is part of the National Institutes of Health (NIH), the principal biomedical and behavioral research agency of the United States government. NIH is a component of the U.S. Department of Health and Human Services.

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